BENGALURU, SUNDAY, MARCH 22, 2026 www.Bangaloremirror.com 16 Pages PRICE ₹4

# Bangalore Mirror ON SUNDAY

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## GIS-based analysis of satellite data shows massive transformation around metro corridors — in 1997, total built-up area within the 1,500-metre buffer zone around corridors was 146.88 sq km; by 2024, it increased to 232.94 sq km

# THE METRO-MORPHOSIS

### Intensified development around major station nodes and employment corridors such as Whitefield, Yeshwanthpur, and Majestic

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TWEETS @BangaloreMIRROR

Namma Metro has led to extreme urbanisation of Bengaluru in the last couple of decades. A GIS-based analysis of satellite data conducted by city-based researchers shows that the landscape surrounding metro corridors has undergone extreme transformation between 1997 and 2024.

In 1997, the total built-up area within the 1,500-metre buffer zone around corridors was 146.88 square kilometre. However, by 2024, it increased to 232.94 sq km, registering a surge of over 86 sq km.

The highest growth was observed within the 500–1,000 meters zone. Here, the built-up area increased by 63.3 percent by 2024, from 46.42 sq km in 1997 to 75.82 sq km in 2024.

"We wanted to assess the metro's role in promoting dense urban growth. Our findings confirm

CONTINUED ON PAGE 11 »

**"Development within 500 metre and 1,000 metre along metro corridors should be transit-oriented, with pedestrian-friendly design along with public transport facility, which Bengaluru metro corridors are currently lacking** — Dr. Seelam Srikanth, REVA University

## SHINE ON

These actresses straddle across film industries with ease

PAGE 13

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## THINGS TO DO

### 01 Musical evening

Nadathur Foundation will host the fifth edition of Nada Sambhrama. The concert will feature renowned Hindustani vocalist Shubha Mudgal, accompanied by Aneesh Pradhan on tabla and Sudhir Nayak. The series continues its mission of promoting Indian classical music while offering a platform for both eminent and emerging artistes. **Where: Mangala Mantapa Auditorium, Jayanagar; When: March 28, 6.30 to 8.30 pm**

### 02 Club nights

SOCIAL will host the Oddvision second anniversary. The celebration features two stages, with Rishi Sippy, Skye and Marlon Magnimus performing in the Oddvision Room, while Justice League headlines the Speakeasy Room. The event promises a seamless night of techno, blending layered rhythms, pulsing

### 03 Cultural revival

Articulate Trust for Arts will host the seventh edition of the Articulate Festival. The evening will feature Bharatanatyam exponent Praveen Kumar presenting Sakha, alongside Vajragovinda Dasavatara, a Sanskrit theatre production by Piyal Bhattacharya and Chidakash Kalalay. Padma Bhushan awardee R Ganesh will attend as Guest of Honour. **Where: ADA Rangamandira, JC Road; When: March**

### 04 Green living

Namu Recommends Vegan Market will host its 18th and largest edition. Founded by Namu Kini, the two-day event will feature over 130 vegan and sustainable brands, spanning food, fashion, wellness and lifestyle. The market will also include food stalls, desserts and interactive activities, offering a vibrant platform for conscious living and community engagement. **Where: Chamara Vajra, Jayamahal; When:**

### 05 Climate focus

GPS Renewables will host The Boring Climate Conference 2026. The event will bring together scientists, policymakers, investors and industry leaders to discuss scaling Carbon Capture, Utilisation and Storage (CCUS) in India. Experts from institutions including the Department of Science and Technology will join panels focused on advancing policy, technology and large-scale deployment in key industrial sectors. **Where: Taj, MG Road; When: March 28**

**Spirit of Eid shines**

Muslim devotees offer prayers (Namaz) on the occasion of Eid al-Fitr at an Eidgah maidan on Mysore Road

# 235 years on, a walk through battlefields of Bengaluru

## Guided heritage walk retraces fierce eighteenth-century conflict across bustling market lanes, revealing hidden routes, fort defences

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Long before Bengaluru became India's Silicon Valley, its streets witnessed the thunder of cannon fire, battles, and the clash of armies, including a decisive chapter in Indian history, the Third Anglo-Mysore War, which students study today. Exactly 235 years ago, this conflict between the ruler Tipu Sultan and the British East India Company shaped the city's past. On Saturday, Bengaluru Prayana led a historical walk where participants traced those events through the pete area, revisiting the moments that led to the siege of Bangalore.

### Historic origins

Starting from Mysore Bank, the site was originally a lunatic asylum established in 1847, which later evolved into present-day NIMHANS. The bank was founded in 1912 and inaugurated in May 1913 under Maharaja Krishnaraja Wadiyar IV and Dewan Sir M. Visvesvaraya. Initially operating from the Avenue Road compound alongside the asylum, it shifted to its iconic stone building at Mysore Bank Circle in 1923. The bank merged with SBI in 2017, and those memories are preserved inside the bank in a museum called Nenapu.

Long before the asylum came up, Avenue Road was called Pete (Pettah), a thriving market area that existed even around the year 1537. During the 1791 siege of Bangalore Fort, it emerged as a battlefield and strategic corridor. The road served as the north–south spine of the Pettah, linking the Yelahanka Gate, still identified near a temple close to present-day Mysore Bank Circle.

### Battle routes

As Raksha Nagaraj, founder of Bengaluru Prayana, explains, the layout of the Pete from Yelahanka Gate demonstrated strategic planning not just in warfare but also in infrastructure. "If you stand near the SBI building, opposite the coffee van, a connecting road is not immediately visible. It only becomes apparent when you move closer, revealing what was once a hidden passage that served as an entry gate to the fort," she explained. British forces camped about 200 metres from the Pete before launching a surprise attack under Lord Cornwallis at the northern end near Yelahanka Gate on March 7.

Raksha said that during the siege, Tipu's army defended the Pete. The attack was focused on the siege of Bangalore Fort, and more than 2,000 people were killed in the fighting around the Pete and the fort, including British officer Lt Col Moorhouse. However, after the attack, the British gained an advantage as they took over resources, helping them consolidate and further undertake the siege of Bangalore Fort. Raksha added that "if the British had delayed the attack on Pete, they would have been disadvantaged".

Walking a little ahead, at a spot now occupied by a bookshop, once stood the main gate of the fort, marked by a Nandi statue. Breaching it was a major challenge for the British, as the thick wooden doors, similar in quality to those seen in Bangalore Fort near Victoria Hospital, were extremely strong. Eventually, British forces created a small opening in the door using heavy cannon fire at close range. Lieutenant Aire, a slender officer, was lifted by his men and squeezed through the gap to open the gate from inside. Before this, Colonel Joseph Moorhouse was fatally shot from nearby turrets; his memorial today stands in Chennai.

### Cultural legacy

Walking down the lane, participants halted near Rice Memorial Church (Canarese Chapel), where Shyam Kodavarthi explained that "this church has been rebuilt three times". It is named after Reverend Benjamin Holt Rice of the London Missionary Society, who arrived in Bangalore in 1837, mastered Kannada in nine months, and preached in the language for over 50 years until his death in 1887. A few steps ahead stands the Basavanna temple, once linked to choultries for travellers, followed by the Ranganathaswamy Temple and a nearby site where artillery batteries were positioned. A narrow lane lined with old shops leads to another temple marking a third battery.

Raksha and Shyam then led participants through temple-lined lanes to City Market, noting how Avenue Road has transformed from coconut groves into a bustling stretch. Nearby stands a dargah, where Bahadur Khah was buried at the spot he fell, as per Tipu Sultan's wish, honouring his sacrifice.

Later, walking through the KR Market pedestrian underpass, participants reached a bus stop and moved ahead to where remnants of the Bangalore Fort walls are still visible. It was here that the British East India Company army, led by Lord Cornwallis, captured the fort on March 21, 1791. Lt Colin Mackenzie climbed up using a ladder, took down two flags, and hoisted the British flag during the siege.

Shyam explained that the final assault began on the night of March 21, after moonrise, when British troops used the light to silently cross the ditch, scale the walls, and locate a narrow breach near the fort gate. Following the war, much of the fort was dismantled by the British.

After exploring the fort, participants walked from Victoria Hospital through Vani Vilas Hospital to Tipu Sultan's Summer Palace, once richly decorated with floral paintings, now largely faded. Tipu had vowed to sit on the throne only after defeating the British, a reminder of the war's enduring legacy.

"March 21 marks a turning point in Bengaluru's history," said Raksha Nagaraj, adding that many pass through these areas unaware of their significance. "We want people to stand where the Third Anglo-Mysore War unfolded and truly connect with the city's past," she said.

## No bus fare hike, says Reddy

The Karnataka Transport Minister Ramalinga Reddy on Saturday ruled out any immediate increase in bus fares, despite speculation of a rise in petrol and diesel prices. He said the state government would not burden commuters with higher fares and indicated that there was no move to initiate the process required for a revision. "Just because diesel prices are likely to go up, we will not increase fares. We do not have the authority to raise fares now. We are not increasing them," Reddy told reporters. Responding to queries on whether a committee would be constituted to review a fare revision, the minister said the government was not considering such a step at present. **— PTI**

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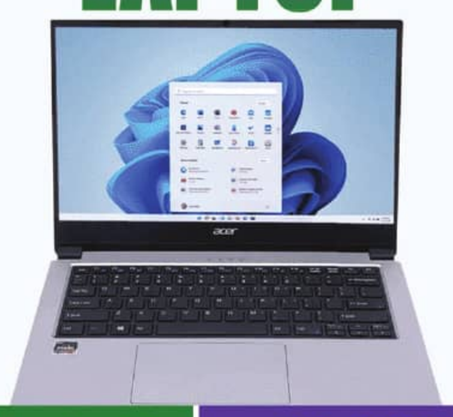

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# Fake degrees scare triggers mass lecturer resignations

## Intensified scrutiny of qualifications reveals fake PhD submissions, resignations increase across colleges, raising concerns over transparency and recruitment standards

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The Department of Collegiate Education has intensified verification of academic and other credentials submitted by guest lecturers in government first grade colleges, following complaints of fake certificates. As scrutiny gathers pace, several lecturers have reportedly cited illness or personal reasons and stepped down, raising suspicion among authorities.

A senior official said, "The verification drive was initiated after allegations surfaced that some individuals had secured positions as guest lecturers using forged academic documents. Hence, the Commissioner of Collegiate Education ordered a comprehensive review, directing colleges to thoroughly examine details such as the university of qualification, research guides, year of completion and subject of PhD theses. Institutions have been instructed to follow a Standard Operating Procedure and submit detailed reports at the earliest."

In response, college principals have begun verifying documents through internal mechanisms. In multiple cases, discrepancies have been identified, and reports have been forwarded to higher authorities. However, officials note that some individuals are delaying submission of records, adding to concerns over the authenticity of their qualifications.

Stricter checks expected to ensure transparency in academic appointments

In a few Government First Grade Colleges, guest lecturers from different subjects were found to have submitted questionable PhD documents. After verification confirmed irregularities, a report was submitted to authorities. One lecturer cited health issues, while another resigned citing personal reasons before action could be initiated.

Similar developments were reported elsewhere. In Kavital, one lecturer resigned after a PhD certificate was found invalid. In Mudgal, one stepped down citing marriage, while others resigned citing health reasons or illness, and one exited voluntarily.

In another case, a lecturer appointed under the special category quota was found to have submitted false documents and has since left the post. Officials say the sudden surge in resignations citing illness is being taken seriously. The department is examining whether these claims are genuine or an attempt to avoid disciplinary action.

"We have confirmed that the PhD documents submitted by a few guest lecturers were not genuine. Their names have been removed from the EMIS portal and a report has been submitted as per the Commissioner's directions," said the Principal of a Government First Grade College. Sources indicate that the department is now probing the timing of these resignations, particularly why health concerns were raised only after verification began. The crackdown is expected to continue across the state, with stricter checks likely to be implemented to ensure transparency and merit in academic appointments.

> **"We have confirmed that the PhD documents submitted by a few guest lecturers were not genuine. Their names have been removed from the EMIS portal and a report has been submitted as per the Commissioner's directions**
> – Principal, Govt First Grade College

## New road bypasses congestion hotspots easily

The new four-lane link road connecting Deepanjali Nagar Junction on Mysuru Road directly to NICE Road near PES College, Hosakerehalli has been opened to traffic. The 1.5 km stretch, inaugurated by NICE chief Ashok Kheny, eliminates the need for commuters to travel via Nayandahalli, offering quicker access to key routes such as Hosur Road, Electronic City, Tumakuru Road and the Mysuru-Bengaluru Expressway. Earlier, motorists from areas like Majestic, Vijayanagar and Satellite Bus Stand had to navigate congested junctions and signals, often facing delays.

With the new link, commuters can now reach the NICE toll gate within minutes, reducing travel time by up to 20 minutes during peak hours. The road is expected to ease congestion at busy junctions like Nayandahalli and Veerabhadranagar while providing smoother connectivity for those travelling from Vijayanagar, Bapujinagar, Majestic and KR Market. **— BMB**

## Karnataka ramps up EV charging network

With electric vehicle adoption rising sharply, Bangalore Electricity Supply Company is preparing to expand EV charging infrastructure. The power utility has floated tenders to set up 605 new charging stations across 22 districts under the public private partnership model, adding to the nearly 5,900 stations already operating in the state. Officials say Bengaluru will remain a key hub for the expansion as EV numbers continue to surge, with charging facilities planned in both urban and semi urban areas on the lines of petrol bunks to make charging easier for vehicle owners. The push comes as Karnataka sees rapid growth

in electric mobility, with around 7.33 lakh EVs already registered in the state. According to N Shivashankar, BESCOM has been appointed the nodal agency to guide other power utilities and provide grid connectivity and technical support for EV charging stations. Private partners will invest and operate stations, while the utility will assess locations and facilitate infrastructure. **— BMB**

## Waste-to-gas model pitched to tackle cooking fuel, garbage woes

Karnataka Transport Minister Ramalinga Reddy on Saturday pitched for decentralised waste-to-gas plants as a solution to both potential cooking gas shortages amid West Asia tensions and Bengaluru's mounting garbage problem. Citing a functioning model in Koramangala, Reddy said converting wet waste into biogas could reduce dependence on conventional LPG supplies while tackling urban waste management challenges.

Explaining the initiative, he said that in 2018, a company called Carbon Masters invested about Rs 4 crore to start a project that collects wet waste from households and converts it into gas. "Initially, the processing capacity was eight tonnes of garbage per day. Today, we have inaugurated an additional five tonnes, taking the total capacity to 13 tonnes of wet waste being processed daily to produce gas. This gas is then sold commercially to nearby users," the minister said. "In Bengaluru, at least 2,500 to 3,000 tonnes of wet waste is generated every day. Most of it is dumped in yards along with dry waste, which leads to several problems -- foul smell, mosquito breeding, and contamination of water sources. If we properly utilise wet waste like this, about half of the city's waste can be managed efficiently," he said.

Responding to a query on scaling the model, Reddy said it could significantly reduce landfill dependency. In the next six months to a year, nearly 1,500 tonnes of wet waste will be avoided from dumping yards. Projects have begun in Kannahalli and other areas. In Aaharavalli, 1,000 tonnes are being processed. In Chikkanagamangala, capacity is currently 50 tonnes and will soon reach 200 tonnes. **— PTI**

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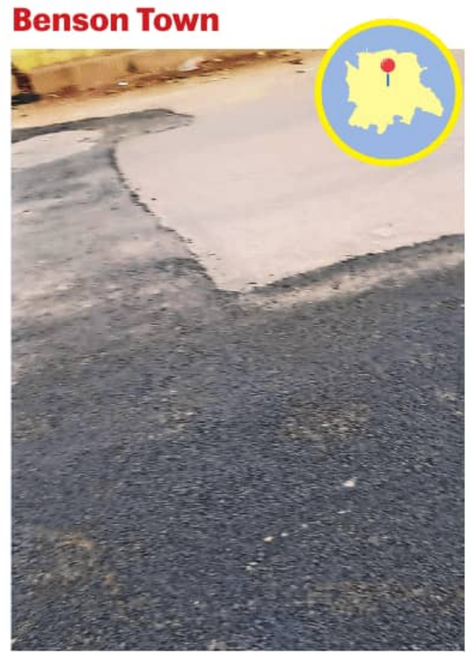
### IMPACT: Smooth Fix

**Benson Town**



Following a reader's grievance published in these columns, authorities have asphalted pot-holes on Benson Town main road.

### Sanitation concern

**Ulsoor Lake**

Residents have flagged filthy conditions at Ward 121 on Tank Bund Road opposite Ulsoor Lake, warning of possible epidemic outbreaks if not addressed.

### Swift action

**Jeevanahalli**

After a BM reader's report, forest officials inspected a hazardous tree and initiated further action in Jeevanahalli.

# Swift police action saves attempted murder victim

A 38-year-old granite company worker survived an alleged attempt to murder after an unidentified assailant slit his throat in the early hours of Saturday within the Kamakshipalya police station limits.

The victim, identified as Narayana, is employed at a granite company in Kadabagere, Madanayakanahalli. Police said the man was walking home after completing his night shift at 6 am when the accused reportedly waylaid him near a petrol station in Vinayakanagar, attacked him with a knife, and fled the scene.

Passersby noticed him lying in a pool of blood and immediately alerted the emergency helpline 112 at 7.15 am. The Hoysala patrol team reached the spot within eight minutes and shifted the injured man to a nursing home in Sunkadakatte for first aid. He was later referred to Victoria Hospital for further treatment, where he is currently recovering and said to be out of danger. Police stated that the victim is not yet in a condition to give a statement. The motive behind the attack and the identity of the accused remain unknown. A case has been registered. —BMB

## CRIME FILES

# Loan drives driver to chain-snatching

**During interrogation, man, currently employed with travel agency, claims mounting debt and alleged harassment had forced his hand**

Ramamurthy Nagar police have arrested a 42-year-old man, who allegedly resorted to chain snatching, to repay a loan and recover from financial distress.

The accused, identified as Prakash, a resident of Lingarajapuram and a former car driver currently employed with a travel agency, was taken into custody following an investigation into a recent theft. According to police, the incident occurred on March 10 when Prakash targeted a pedestrian walking in front of an apartment on 11th Main Road in NRI Layout. Riding a two-wheeler, he reportedly approached the victim, snatched a gold chain, and fled the scene.

Based on the complaint, a case was registered and a probe was launched. Police detained Prakash near Shivajinagar Market on March 12. During interrogation, he confessed to the crime, stating that mounting debt and alleged harassment had driven him to commit the offence. Investigation revealed that he had pledged the stolen 14-gram gold chain at a jewellery shop in KR Puram. The police recovered the chain, valued at ₹2 lakh, and also seized the two-wheeler used in the crime. —BMB

# 3, including minor, arrested for twin robberies

Halasuru police have arrested three persons and detained a juvenile for their alleged involvement in two robbery cases committed on the same night. Police also seized a mobile phone and a two-wheeler used in the crime, collectively valued at ₹75,000.

The arrests follow a complaint filed on March 2 by an auto-rickshaw driver, who was robbed around 11 pm on Old Madras Road. The victim stated that six assailants on two two-wheelers blocked his vehicle, assaulted him, and robbed his mobile phone and ₹3,500 before fleeing.

Acting on credible leads, police traced the accused and nabbed them near Halasuru Lake on March 14. During interrogation, the accused confessed to committing another robbery the same night near Baiyappanahalli Metro Station, where they snatched a silver chain. —BMB

# FIR against luxury car owner after stunt video goes viral

An FIR has been registered against the owner of a luxury sports car after a video of the vehicle allegedly performing dangerous drifting maneuvers was widely shared on social media platforms, police said on Saturday.

The incident occurred in the wee hours of Saturday at Anil Kumble Circle here, they said.

Taking note of the video, the Cubbon Park Traffic police registered a case on its own against the owner of the luxury sports car bearing Karnataka registration number.

The video showed the car performing drifts and high-speed turns, endearing public safety.

According to police, the driver performed stunts, including circling the junction. Some of the occupants of the car were also seen standing out of the sunroof and screaming.

"An FIR has been registered under sections pertaining to rash and negligent driving and endangering human life and efforts are being taken to trace those involved in the act," a senior police officer said. — PTI

# Speeding lorry rams into, kills 4-year-old

A four-year-old girl died after a speeding lorry allegedly rammed into her in the Madanayakanahalli police station limits on Saturday morning.

The deceased, Nishtha, was the daughter of Rajendra and Lavanya, residents of Hanumantegowdanapalya in Dasanapura hobli. According to police, the incident occurred around 11.15 am when Lavanya was walking to a nearby temple with her two children. She was carrying her younger child while Nishtha walked alongside her. A speeding lorry allegedly rammed into the child, causing fatal injuries. Nishtha died on the spot.

The Madanayakanahalli police rushed to the scene upon receiving information and conducted a preliminary investigation. The body was shifted to Nelamangala Government Hospital for post-mortem. A case has been registered, and efforts are underway to trace the lorry driver. —BMB

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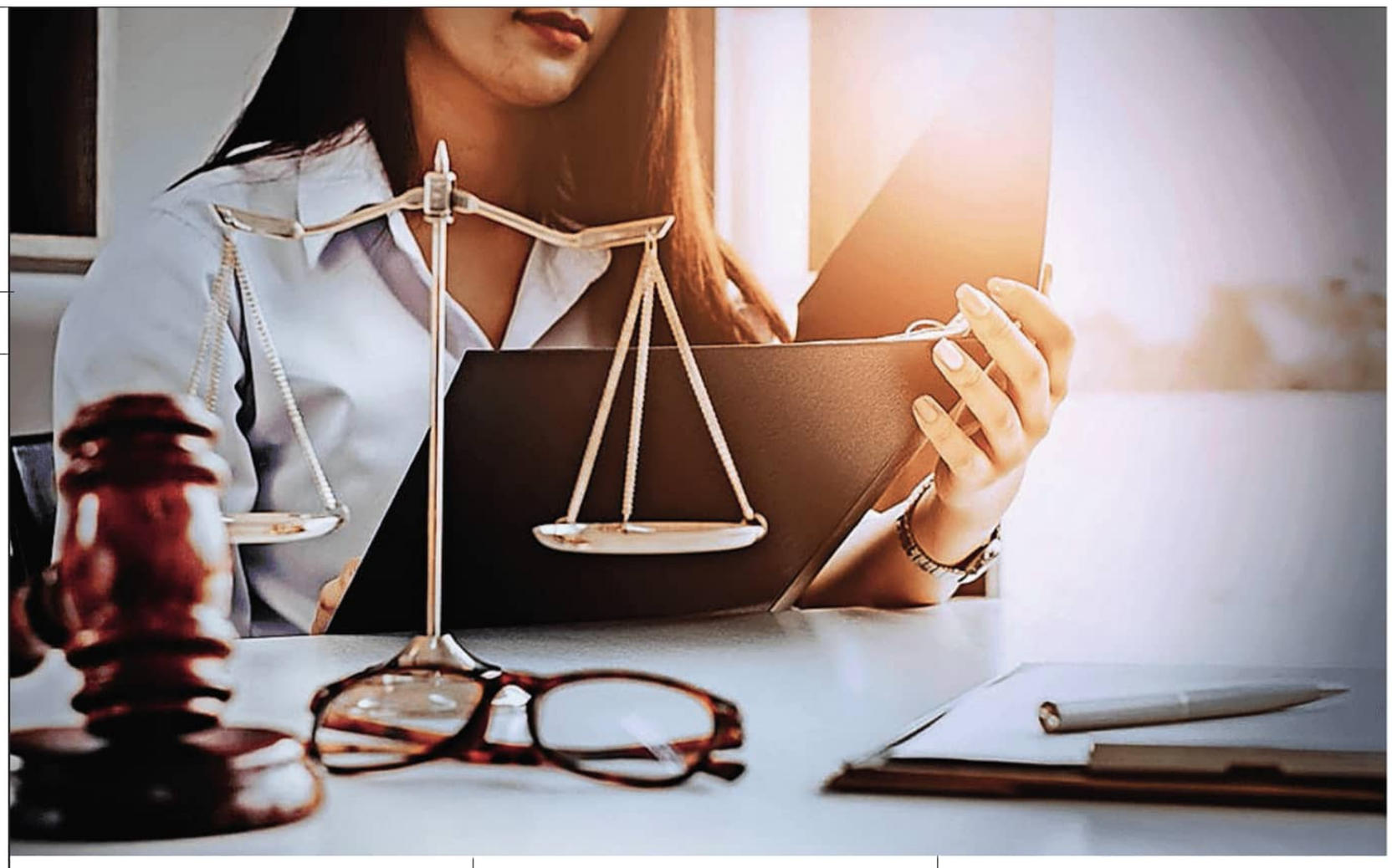
SUNDAY READ

# Law in her hands

## A look at how accessible are laws related to discrimination at workplace, equal pay, violence against women



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With the celebrations of Women's Day just behind us, Bangalore Mirror spoke to an eminent lawyer to understand the accessibility to law regarding discrimination at work, assistance in violence against women, equal pay-equal work, safety and security. The Constitution of India guarantees rights to women which comprise 50 percent of the Indian population.

Brijesh Kalappa, Supreme Court advocate and former Legal Advisor to the State of Karnataka, highlighted the legal safeguards available to women and the challenges that continue to exist despite constitutional guarantees. He said Articles 14, 15 and 16 of the Constitution ensure equality before the law and prohibit discrimination, while the Supreme Court of India remains the final authority in protecting constitutional rights.

Kalappa pointed out that representation of women within the legal system itself is still limited. He noted that Justice B V Nagarathna, who is expected to become the Chief Justice of India in 2027, is seen as a significant milestone as she would be the first woman to hold the post. According to him, this reflects both progress and the need for greater inclusion of women in decision-making positions within the judiciary and the legal profession. He added that increasing the number of women in law would help address issues related to gender justice more effectively.

Speaking about workplace harassment and domestic violence, Kalappa said that the law provides clear remedies, but awareness and willingness to report remain key concerns. Under the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, every organisation is required to have an Internal Complaints Committee where victims can raise grievances. He advised that women facing harassment should confide in a trusted colleague, family member, or senior who can help initiate the complaint process while maintaining confidentiality. Judicial interventions over the years have made it easier for victims to file complaints without fear of humiliation or retaliation.

Police data in Bengaluru shows that sexual harassment cases at workplaces increased by around nine percent in 2024, with 1,247 cases reported compared to 1,139 cases in 2023. Police were able to solve a majority of these cases, but the rise in numbers indicates the need for stronger preventive measures. At the same time, domestic violence cases saw a decline, with 613 cases reported in 2024 compared to 697 in 2023, though experts believe that many incidents still go unreported due to social pressure and fear of stigma.

Kalappa recalled that the guidelines laid down by the Supreme Court in the Vishaka judgment of 1997 became the foundation for the present workplace harassment law. The ruling made it mandatory for institutions to create mechanisms for complaints, and these guidelines were later formalised through legislation. He said that even today, strict compliance with these rules is essential, as failure to form complaint committees or to act on complaints can invite legal action against the organisation.

On dowry-related offences, he said that urban areas have seen a gradual decline in reported cases, though the problem has not disappeared completely. Official figures show that dowry harassment cases reduced slightly from 2,960 in 2023 to 2,912 in 2024. A sharper decline was seen in dowry-related deaths, with early data for 2025 recording 48 cases compared to 112 in 2024 and 158 in 2023. However, he cautioned that fewer complaints in rural areas may also indicate under-reporting rather than actual reduction.

Kalappa also explained that laws relating to maternity benefits and workplace rights have improved in recent years. Under the Maternity Benefit Act, women are entitled to 26 weeks of paid leave for up to two children, along with medical support before and after delivery. Establishments employing more than 50 people must provide crèche facilities, and in many cases, work-from-home options can be given if the nature of the job allows. These provisions apply to women across different sectors, regardless of economic background. He said most organisations comply with these rules, but complaints can be filed if employers refuse to follow them.

On reproductive rights, Kalappa said that the Medical Termination of Pregnancy Amendment Act allows women to access safe abortion under medical supervision, including in cases involving minors. In situations involving sexual assault, cases involving minors are registered under the POCSO Act, while adults can seek legal remedy under provisions of the Indian Penal Code. He emphasised that the decision regarding termination ultimately lies with the woman, and the law also guarantees proper medical care and post-treatment support.

Data from Bengaluru shows that child sexual abuse cases remain a serious concern, with 577 cases reported in 2024 compared to 596 in 2023. Rape cases also increased slightly, with 178 cases recorded in 2024 against 172 in 2023. Police statistics under the POCSO Act indicate fluctuations over the years, with 401 cases in 2021, 594 in 2023, and 490 in 2024, highlighting the continuing need for vigilance and awareness.

To make it easier for women to approach the police, several women-only police stations have been established in the city. Bengaluru currently has eight such stations where victims of domestic violence, dowry harassment, and sexual offences can file complaints in a more secure and private environment. Kalappa said these stations help reduce hesitation among victims, though low reporting and conviction rates remain a challenge.

He also referred to welfare schemes such as the Bhagyalakshmi programme in Karnataka, which provides financial assistance to girls from below-poverty-line families from Class 1 to Class 10. Such schemes, he said, encourage education and economic independence, which in turn strengthens women's ability to assert their rights.

Despite the existence of multiple laws, Kalappa observed that legal reform alone cannot solve social problems. Issues such as trafficking, child marriage, and crimes against women require a broader social response along with legal action. He noted that even today, domestic work and homemaking performed largely by women remain outside the scope of labour laws, despite involving long hours of unpaid effort.

He said that real change will come only when society supports women's education, employment, and independence. Compared to earlier generations, more families now encourage girls to pursue careers and financial stability, which he described as a positive shift. Bengaluru, he added, stands out as a relatively progressive city where women are increasingly seen as equal partners in development.

Kalappa concluded that International Women's Day should serve as a reminder that women form half the population and must have equal representation in positions of power. Legal protection, social acceptance, and economic opportunity together, he said, are essential to building a safer and more equitable society.

**"Women facing harassment should confide in a trusted colleague, family member, or senior who can help initiate the complaint process while maintaining confidentiality. Judicial interventions over the years have made it easier for victims to file complaints without fear of humiliation or retaliation**

— Brijesh Kalappa, Supreme Court advocate

# Oil's not well: Health row keeps bubbling

## Centre defends palm oil safety amid rising health concerns, insists regulated consumption poses no major risks for consumers

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**Officials cite research backing palmolein use, while experts warn excessive intake of saturated fats may still elevate long-term cardiovascular risks**

Amid growing public debate over the health impact of palm oil, the Centre has maintained that the edible oil is safe for consumption when used within prescribed standards, even as questions continue to be raised by health experts and consumers.

Responding to concerns, Minister of State for Consumer Affairs, Food and Public Distribution Nimuben Jayantibhai Bambhaniya said in a written reply in Parliament that palm oil is a "standardised edible oil" permitted for use in food products, including bakery items, under existing food safety regulations.

The minister said that the Food Safety and Standards Authority of India (FSSAI) has notified detailed norms under the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, which clearly define the use of fats and oils. Palm oil is specifically recognised under these standards and is allowed as an ingredient in processed foods. Addressing transparency concerns, the Centre said labelling rules mandate that food manufacturers clearly specify the type of edible oil used. "A specific name shall be used for ingredients... such as mustard oil, groundnut oil," the minister noted, adding that packaged food must accurately reflect its contents.

The response comes at a time when palm oil consumption remains high in India. Government data show that total availability and estimated consumption stood at 79.07 lakh metric tonnes in 2024–25, including 68.56 lakh tonnes of crude palm oil and 10.51 lakh tonnes of refined palmolein.

On the health front, the government cited studies to counter concerns linking palm oil to heart disease. According to research conducted by the Indian Council of Medical Research–National Institute of Nutrition (ICMR–NIN), palmolein, a liquid fraction of palm oil, does not increase cholesterol levels when consumed as part of a balanced diet.

"Palmolein is comparable to groundnut oil and does not induce hypercholesterolaemia," the minister said. A meta-analysis of clinical trials conducted between 1975 and 2018 also found no significant impact on total cholesterol, LDL, HDL or triglyceride levels when compared with other commonly used vegetable oils.

Despite these findings, the debate remains active. "Palm oil is relatively high in saturated fats, and excessive intake over time can contribute to raised LDL cholesterol levels, which is a known risk factor for cardiovascular disease. While it can be part of the diet in limited quantities, frequent consumption, especially through ultra-processed foods, is not advisable," said a clinical nutritionist.

K Krishna Murthy, a general physician, said: "From a medical standpoint, it is important to look at overall dietary patterns. Diets high in saturated fats, combined with low physical activity, increase the risk of obesity, diabetes and heart conditions. People should aim for moderation and include a variety of healthier oils with better unsaturated fat profiles."

## 'Harassed': Govt officer ends life at office

An incident of a Karnataka government Social Welfare Department officer dying by suicide at his office just before his retirement came to light on Saturday. The officer recorded a video before his death, alleging harassment by a senior official.

The deceased, Mallikarjun, an Assistant Director from Gundarlahalli near Pavagada, had served three years and was due to retire within a week. Police said he sent the video to colleagues before ending his life on Wednesday. In it, he blamed Joint Director Krishnappa for harassment, stating he was unable to continue despite his family's support, and said both God and the law would punish the official. Police have begun an investigation.

In a tragic coincidence, Mallikarjun's father, who worked in the same department, also died months before retirement, after which Mallikarjun got the job on compassionate grounds. **IANS**

## Man loses Rs 15 cr to digital scam

An elderly businessman in Belagavi has lost Rs 15 crore after falling victim to a cyber fraud involving a so-called "digital arrest", police said on Saturday.

A complaint was registered at the Belagavi City Cyber, Economic and Narcotics (CEN) police station. Following the investigation, police have frozen bank accounts linked to the accused, including one containing Rs 90 lakh from the defrauded amount.

Belagavi Police Commissioner Borse Bhushan Rao Gulabrao has formed a special team to track the culprits.

Police said fraudsters used a video call to falsely link the businessman to a money laundering case, coercing him to transfer funds for "verification".

He lost Rs 15 crore.The scam began on March 18, and he approached police after the accused became unreachable. **IANS**

# Sweat it out? Not without teachers, say schools

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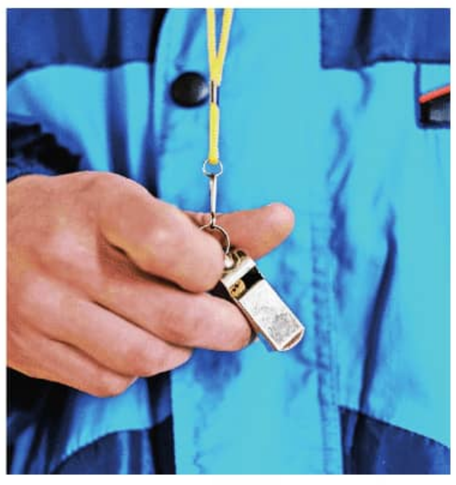
At a time when childhood obesity and sedentary lifestyles among children are increasing due to limited physical activity, government schools in Karnataka are facing a serious shortage of physical education (PE) teachers. Data presented in the Legislative Council by School Education Minister Madhu Bangarappa reveal that 5,202 PE teacher posts are vacant across the state, leaving about 44 per cent of sanctioned positions unfilled.

The figures highlight a worrying gap in sports and physical education in schools, even as experts increasingly stress the importance of regular physical activity for children.

According to the data placed before the House, Karnataka has 11,994 sanctioned physical education teacher posts in government primary and secondary schools, but only 6,792 teachers are currently working. The shortage is most severe in government primary schools, where 6,771 PE teacher posts are sanctioned but only 3,410 teachers are in service. This leaves 3,361 positions vacant, meaning almost half the posts remain unfilled.

The situation is slightly better in government secondary schools, but still concerning. Out of 5,223 sanctioned posts, only 3,382 teachers are currently working, leaving 1,841 posts vacant, or around 35 per cent of the total positions.

Physical education has been part of the state's school system since 1870 and is aimed at promoting the physical, mental, social and motor development of students. In 2006, the state government adopted a physical and health education curriculum for Classes 1 to 10, following the recommendations of an expert committee headed by Prof N Vaidyanathan, a retired professor of physical education. The curriculum was formally approved through a government order issued in August 2007.



**Karnataka schools struggle as thousands of PE posts lie vacant, raising alarms over children's fitness, health and activity levels**

Despite this policy framework, parents say the lack of trained PE teachers means many children miss out on structured sport and exercise in school. "Most children today spend more time on mobile phones and indoors. Schools should encourage sport, but if there are no physical education teachers, how will children stay active?" said Raghavendra Prasad, a parent of a Class 7 student in Bengaluru.

Another parent, Shilpa N, whose daughter studies in a government primary school in the city, said physical activity is becoming increasingly important for children's health. "Children need sport for fitness and confidence. If nearly half the PE teacher posts are vacant, it directly affects students," she said.

The minister said steps are underway to address the shortage, including filling 5,267 physical education teacher posts announced in the 2024–25 budget, especially in Kalyana Karnataka. Posts are being rationalised and vacancies identified district-wise.

The government is also considering direct recruitment, while schools have been told to allot four PE periods weekly despite shortages. Experts, however, stress that trained teachers are key to making these measures effective.

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# BENGALURU SPEAKS

and gets heard on this page

## STORYBEHINDTHEPHOTO

### CHIRPS OF JOY

Our reader shares a heartwarming image of a Red-whiskered Bulbul nest tucked in a backyard tree in Hoskote, Karnataka, where three tiny chicks wait as their attentive parents return with food. The cozy nest and the caring birds make for a touching welcome to a new home, highlighting the simple joys of living close to nature.

The picture was clicked by reader **Namratha, Ornithologist**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

# Cantonment, Yeshwantpur railway station upgrade to finish this year

## Delays in electrical and demolition works pushed timelines, but Amrit Bharat and Gati Shakti upgrades aim to build hubs Bengaluru

The redevelopment of Cantonment and Yeshwantpur railway stations, aimed at transforming them into world-class transit hubs, is likely to be completed by the end of the year, officials from South Western Railway said. Though the projects were initially scheduled for completion by October last year, delays in electrical works, demolition of old structures and other construction-related factors have pushed the timeline. The Cantonment railway station redevelopment, estimated at around ₹485 crore under the Amrit Bharat scheme, is progressing steadily. While the foundation stone was laid in 2022, full-scale work began only after June 2023. As part of earlier upgrades under the PM Gati Shakti initiative, two additional platforms were constructed, where Vande Bharat trains currently halt.

Officials said the new station will blend modern infrastructure with elements of its historical architecture. Portions of the old structure have been retained to preserve its heritage character while integrating them into the new design. The project includes a G+5 main station building, rooftop facilities, pedestrian foot overbridges connecting platforms, air concourse areas, VIP waiting lounges and new entry points from Vasanth Nagar and Miller Road.

Construction of a multi-level basement parking facility has also commenced near the station, with structural work currently underway. Once completed, it is expected to accommodate a large number of cars and two-wheelers, easing congestion in the surrounding areas, officials said.

Meanwhile, redevelopment work at Yeshwantpur railway station is also progressing at a brisk pace. The project, taken up at a cost of ₹377.86 crore by a Delhi-based construction firm, has achieved nearly 68 percent completion so far. Several key facilities, including storage rooms for passenger amenities such as blankets and bed sheets, as well as buildings for the Railway Protection Force (RPF) and Government Railway Police (GRP), have already been completed on the eastern side near Platform 1.

The station will also feature a multi-level car parking facility with a capacity of around 1,000 vehicles. Additional infrastructure such as charging stations, ticket counters, waiting lounges, lifts and commercial spaces is being developed as part of the project. An elevated road connecting the station to the nearby metro station is also under construction, along with other modern passenger amenities. Officials said efforts are being made to ensure that construction does not disrupt daily commuters. Once completed, Yeshwantpur station is expected to handle more than one lakh passengers daily, significantly improving travel convenience in the city.

Overall, about 62 percent of the total work across both projects has been completed. South Western Railway officials said the upgraded stations are expected to enhance connectivity, improve passenger experience and support Bengaluru's growing transport needs while balancing modern design with heritage elements.

**Yeshwantpur station entrance during redevelopment works that include new concourse areas, additional facilities for commuters and improved connectivity to the nearby metro station.**

## DID YOU KNOW?

WOH G64, one of the largest known stars in the universe, is offering astronomers new clues about how the most massive stars live and die. Located about 160,000 light-years away in the Large Magellanic Cloud, a satellite galaxy of the Milky Way, the star is about 28 times more massive than the Sun, 300,000 times more luminous, and roughly 1,500 times larger in diameter. If placed at the centre of our solar system, it would extend beyond Jupiter's orbit toward Saturn. Observations collected over more than 30 years revealed an unusual change in 2014, when WOH G64 shifted from a red supergiant to a yellow hypergiant, indicating a rise in surface temperature. Such rapid evolution is rare, as stellar changes usually occur over millions or billions of years. Scientists say no current stellar models fully explain this transformation. At around 10 million years old, the star is nearing the end of its life. Stars of similar mass may explode as supernovae, collapse into black holes, or pass through unstable phases before dying. WOH G64 is also part of a binary system, and interaction with its companion may have influenced its unusual behaviour. — Reuters

## GET HEARD WITH MIRROR

**9591233247**

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

## BUST FAKE NEWS WITH BANGALORE MIRROR

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# Govt issues factcheck on 'fake BSNL' notices sent by fraudsters to mobile phone users

**The Claim:** Fake notices circulating in the name of BSNL and TRAI warn customers that SIM KYC is suspended and SIM cards will be blocked within 24 hours, asking users to call immediately and share details.
**Fact:** PIB factcheck confirmed BSNL and TRAI have not issued such SIM-block notices. Citizens are advised not to share personal or bank details, as scammers use fake KYC warnings for cyber fraud and digital arrest.

The Union government, on Tuesday, cautioned citizens against a cyber fraud being perpetrated by scamsters using fake notices from "Bharat Sanchar Nigam Limited (BSNL)" or "Telecom Regulatory Authority of India (TRAI)" that warn phone customers about possible SIM card blockage. Issuing a fact-check to declare such notices from "BSNL" and "TRAI" as fake, the Press Information Bureau (PIB) advised citizens to exercise caution and not fall into the trap of scamsters, who might indulge in digital arrest fraud by extracting key information from them.

In the fake notices being issued on notepads of BSNL, the "TRAI" informs a customer to contact a KYC Verification Executive and share contact details. The message in the notice says, "Dear Customer, Your SIM KYC has been suspended by the Telecom Regulatory Authority of India. Your SIM card will be blocked within 24 hours. Call immediately."

The PIB fact-check informed citizens that BSNL has not issued any notice related to SIM KYC. "BSNL Corporate never sends any such notices. Do not share your personal and bank details with anyone," said the PIB advisory issued along with the fact-check.

Meanwhile, the Union Home Ministry told the Lok Sabha on Tuesday that as many as 86,420 cases of cybercrime were registered during 2023. Citing data from 'Crime in India' published by the National Crime Records Bureau (NCRB), Minister of State (MoS) for Home Affairs Bandi Sanjay Kumar said, in a written reply, that 65,893 cybercrime cases were registered in 2022 and 52,974 cases were registered in 2021.

The MoS said that the Ministry of Home Affairs has provided financial assistance of Rs 116.5 crore under the 'Cyber Crime Prevention against Women and Children (CCPWC)' Scheme to the states/Union Territories (UTs) for setting up cyber forensic-cum-training laboratories. "As of now, cyber forensic-cum-training laboratories have been commissioned in 33 states/UTs, including Madhya Pradesh, Dadra and Nagar Haveli, Daman and Diu, and Maharashtra," he added.

MoS Sanjay Kumar said that at present, seven Central Forensic Science Laboratories (CFSLs) and 27 State Forensic Science Laboratories are operational across the country to assist in the investigation of cybercrime cases. "Of the seven CFSLs, prior to 2014, digital forensics facilities were available in four CFSLs located in Chandigarh, Hyderabad, Delhi, and Kolkata. After 2014, three new CFSLs (including Digital Forensic Divisions) have been established at Pune, Bhopal (Madhya Pradesh), and Kamrup (Assam)," he said. — IANS

# Strategic play powers K'taka women rugby team to success

## Strong performances by Karnataka women's rugby highlight tactical strength and discipline, while gaps in training facilities and support systems remain major concerns

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Asmita League participation boosts confidence and competitive exposure

The Karnataka Women's Rugby team has solidified its dominance in South India, winning the Senior Women's Category at the Asmita Rugby League, finishing runner-up in U18 Girls and winning the U15 Girls division. The team secured sixth rank in the National Rugby 7s Tournament, an Olympic format, defeating fitter rivals like Kerala through strategic, high IQ game plans.

"The victory puts the women's team right on top in South India," said Tharun, Board Member Rugby Karnataka and Secretary of Bangalore Rugby Club (BRC). "Most of the girls are still pursuing their college degrees, some are working professionals and teachers. There is no remuneration for these victories, but it keeps the hope alive that it might open doors to scholarships in India and more so in rugby-prevalent countries," he said.

### Loker room success

As per officials, Karnataka's success has come from tactical awareness and structured preparation. "Rugby is an intelligent sport if we look beyond the contact aspect of it," Tharun highlighted, adding that the State team has consistently played high IQ rugby.

The teams are trained before major tournaments with discipline and structured camps, including intensive field practice and theory sessions supported by video analysis.

### Limitations

While performance has improved, infrastructure remains inadequate. According to KRFU Head Coach Subhash, an ideal plan includes two rugby sessions weekly along with two fitness sessions, including 45 minutes of contact drills.

Due to a shortage of facilities designed for rugby, the team currently manages with only one organised rugby session on Saturdays. The sport requires grass pitches for safe tackling and contact drills, but due to unavailability, players are forced to train on artificial turf, which is not recommended for contact practice.

The team conducts practices at PDS College of Engineering occasionally and struggles as access to the ground is limited. Practice sessions are also conducted at South United Football Club. "Grounds are the need for the hour," said Subhash. "If we had proper access to fields and structured infrastructure to host more tournaments, organise high-performance camps before nationals and give more match time to players, we can achieve great heights, and find ourselves in the Olympics."

### Injuries, recovery and fitness

Many players manage their fitness internally, some obtaining rugby-specific certifications under World Rugby. The sport's physical intensity also brings injury risks. The team has seen multiple ACL injuries in recent years, forcing players into long rehabilitation periods.

**Despite accomplishments, coaches say sport faces hurdles including funding and limiteinfrastructure**

"We have player-turned fitness trainers who create player-specific programmes combining bodyweight exercises and free training routines to keep up with the fitness," said Head Coach. Structured warm-up routines, known as ACTIVATE, developed by World Rugby in collaboration with the University of BATH, are followed to minimise injuries.

### Struggles and funding

"It is a fact that the funding is minimal not just for women but rugby. Hosting big tournaments comes at a huge cost and we find ourselves in scarcity of funds and hence we stick to the mandatory inter-district tournaments to keep the soul of the sport alive," said Subhash.

He highlighted that the Asmita League under the Khelo India Initiative has supported women's rugby, enabling participation and boosting confidence. However, gaps remain in nutrition, medical care, training, and travel.

### Spotlight

Nandini Chandrappa, a former football player, said, "I realised that rugby is not just about strength but also about discipline, strategy, teamwork and presence of mind." Gracika, a law student said, "I discovered rugby at the age of 16, and was immediately drawn to it." Team Captain Jyoti DS said, "Rugby is 80 percent strategy and only 20 percent contact." Bhavya Veeraraghavan said, "I suffered an ACL injury in 2023 and again in 2025."

# We stay ahead: Kohli tells RCB

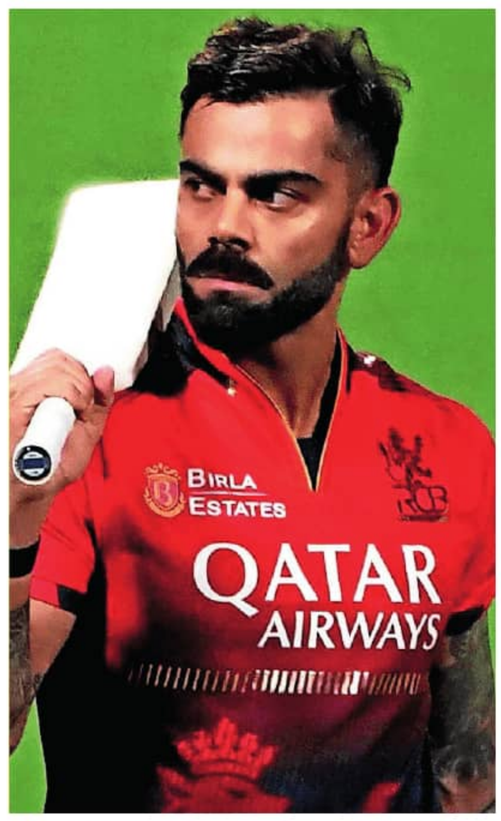
SPORTS

As defending champions Royal Challengers Bengaluru (RCB) prepare to defend their Indian Premier League (IPL) title, Indian batting superstar Virat Kohli gave his team a motivational pep talk, urging them to stay switched on and not waste training days as it will only get tougher during the title defence.

RCB will kick off their campaign against Sunrisers Hyderabad on March 28 at the M Chinnaswamy Stadium in Bengaluru. After securing his first IPL title in his 18th season, Virat will be eyeing another strong season with the bat.

RCB has resumed training after returning to their home turf with renewed focus and intensity.

Addressing the team during the first practice session, Virat said, "We worked really hard over the last two to three seasons to achieve what we did last year, and it is only going to get tougher because other teams are going to come hard at us."




**RCB has resumed training after returning to their home turf with renewed focus and intensity**

Emphasising the need to maintain high standards, he added, "We do not waste these days. We stay ahead. So switch on now. Let us not waste even a minute of any session that we are a part of. We must give our 120 per cent for these two and a half months."

The session also marked the coming together of a reinforced squad, with Head Coach Andy Flower welcoming new additions including Venkatesh Iyer, Mangesh Yadav, Jordan Cox, Vicky Ostwal and Satvik Deswal, along with Under-19 World Cup winners Kanishk Chouhan and Vihaan Malhotra.

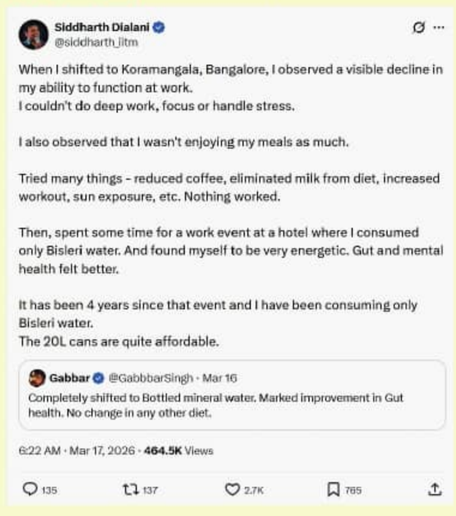
"There is one difference this year, we have got a star on our shirt. That is a very proud feeling for all RCB fans. But that season is gone. Now we have a new challenge ahead, and it's an exciting one. We are here to win this year's IPL," he continued.

"Our first game is here at Chinnaswamy, which is a fantastic opportunity for us to build momentum early and be welcomed by our home fans. The outfield looks superb, lush, green and beautiful," said Flower. .

—ANI

## SOCIALTATTLE

**What went viral**
A CEO's "Bottled Water" Health Claim: Siddharth Dialani, the CEO of BharatAgri, posted a viral claim about his health improving drastically after switching to bottled water in Koramangala.


Siddharth Dialani
@siddharth_jitm

When I shifted to Koramangala, Bangalore, I observed a visible decline in my ability to function at work.
I couldn't do deep work, focus or handle stress.

I also observed that I wasn't enjoying my meals as much.

Tried many things - reduced coffee, eliminated milk from diet, increased workout, sun exposure, etc. Nothing worked.

Then, spent some time for a work event at a hotel where I consumed only Bisleri water. And found myself to be very energetic. Gut and mental health felt better.

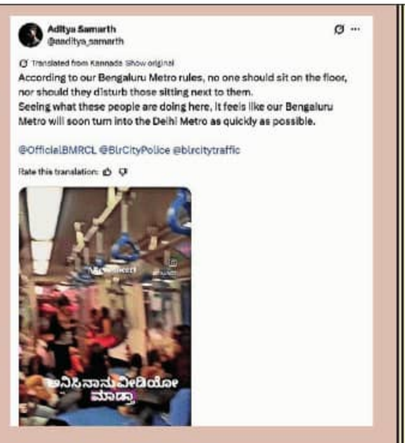
It has been 4 years since that event and I have been consuming only Bisleri water.
The 20L cans are quite affordable.

Gabbar @GabbbarSingh · Mar 16
Completely shifted to Bottled mineral water. Marked improvement in Gut health. No change in any other diet.

6:22 AM · Mar 17, 2026 · **464.5K** Views

135 137 2.7K 765

**A video of a** large group of concert-goers singing loudly while sitting on the floor of a Namma Metro train has sparked a massive debate on X (formerly Twitter). Netizens are expressing concern that "Bengaluru Metro is turning into Delhi Metro," citing a nuisance for other passengers and a violation of BMRCL rules.


Aditya Samarth
@aaditya_samarth

Translated from Kannada Show original
According to our Bengaluru Metro rules, no one should sit on the floor, nor should they disturb those sitting next to them.
Seeing what these people are doing here, it feels like our Bengaluru Metro will soon turn into the Delhi Metro as quickly as possible.

@OfficialBMRCL @BlrCityPolice @blrcitytraffic

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**Looking for a fake parent to come its in indiranagar**

Need a fake parent for my ptm I am in college nd i have a ptm coming up and i need a fake dad or mom to come with me. Hit me up if you are above 40 years of age and can speak fluent English. My bf is ready to pay 15k. The event is in jp nagar.

59 42 96

**A Reddit user,** u/Commercial-Top7223 in a post, talks about hiring fake parents to attend PTM meetings.

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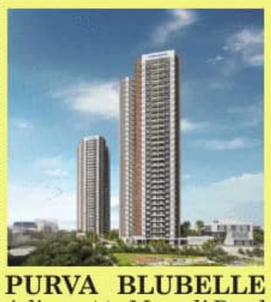

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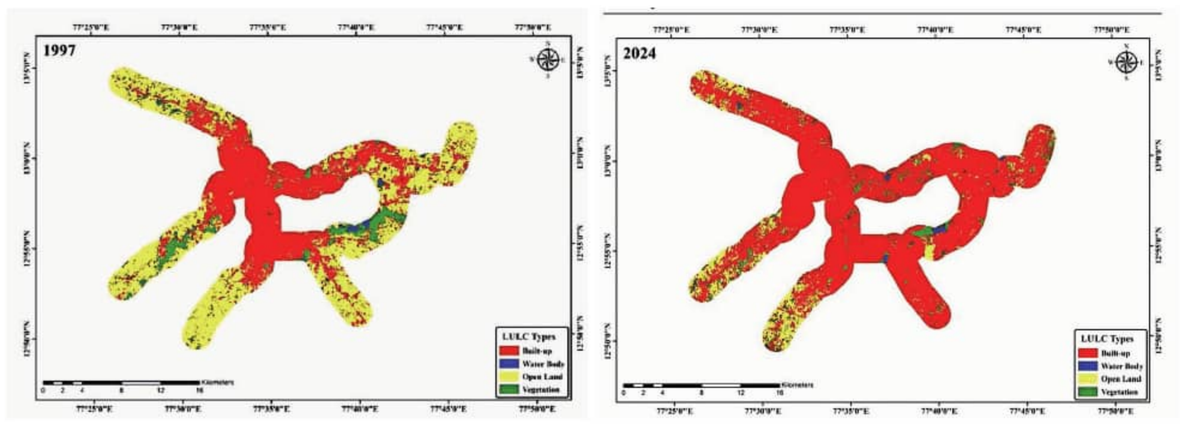
# Green shoots appear around the tracks

CONTINUED FROM PAGE 1

that metro expansion has led to corridor-focused urbanisation," said Dr. Seelam Srikanth of the School of Civil Engineering at REVA University.

Researchers say this pattern is consistent with intensified development around major station nodes and employment corridors, including Whitefield, Yeshwanthpur, and Majestic, where improved accessibility is likely to translate into increased market demand and redevelopment activity.

Within the inner 0 - 500 m buffer zone, the built-up area expanded from 61.98 km² in 1997 to a maximum of 97.88 km² in 2014, followed by a reduction to 89.05 km² in 2024. This pattern suggests redevelopment, densification, or adaptive reuse within mature station areas such as MG Road, Indiranagar, and Majestic.




These changes indicate pronounced metro-associated urbanisation, characterised primarily by expansion of built-up area within the 0 - 1,500 m buffer zones.

Researchers say the growth along the corridors, driven by the desire for easy transport access, will lead to more traffic congestion, inefficient land use, and high service costs.

"Such linear development along the corridor will disrupt traffic flow on major roads. It is also not favourable for countryside scenery, apart from the service cost for utilities such as electricity and water. There should be a policy in place for development around metro corridors. Development within 500 metre and 1,000 metre along metro corridors should be transit-oriented, with pedestrian-friendly design along with public transport facility, which Bengaluru metro corridors are currently lacking," added Dr. Srikanth.

## Green cover surge

Green cover along the metro corridors has also undergone extreme change. In 1997, the total vegetation within a 1,500-meter buffer zone along metro corridors was 28.77 sq km.

Within the 500–1,000 m zone, vegetation covering 14 sq km was concretised. However, green cover around the corridors increased to 46.13 sq km by 2024.

Within the 0–1,500 m metro influence zone, while open land declined by more than 103 km², indicating a clear shift toward urban densification along metro corridors.

In 1997, the total open land covered 153.55 km. The analysis indicates that nearly 95 km² of open land was converted into built-up uses.

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## personal

### CHANGE OF NAME

I, KISHORE SHIYAL, Residing at 24/1, PMK Road, Basavanagudi, Bangalore – 560004, have changed my name to KISHORE S SHIYAL, vide affidavit dated 21/03/2026, sworn before notary Venkataraju H G, Bangalore.

I, BRANDON D'SOUZA No.347, Madonna, 3rd 'C' Main Road, Behind CMR College, OMBR Layout, Chikka Banaswadi, Bengaluru- 560043 have changed my name to BRANDON D SOUZA vide Affidavit dt. 16.03.2026 sworn before notary Mr. C Srinivas, Bengaluru.

I, Snigdha Reddy Mallepeddi D/o Prabhakar Reddy Malipeddi R/o No 266, Lavanya Prabhakar Reddys Villa Soukya Road, Thirumalashettyhalli, Bengaluru -560068 have changed my name to Snigdha Reddy Malipeddi for all purposes

I, SANTHOSH KUMAR CHINNAPPA, Residing at No. 09, 7th Main,17th Cross, Near Home needs Mall, BTM 2nd Stage, Bangalore – 560076, have changed my name to C SANTOSH KUMAR, vide affidavit dated 16/03/2026, sworn before notary Venkataraju H G, Bangalore.

I, SHANKAR PRITHVIRAJ CHAVAN, Residing at Flat A-804, A-Block, SLV Centralpark, Bandapura Rd, Bidare Agrahara, Bangalore – 560049, have changed my name to SHANKAR TALADRA, vide affidavit dated 18/03/2026, sworn before notary Venkataraju H G, Bangalore.

I, Nandhitha Reddy Mallepeddi D/o Prabhakar Reddy Malipeddi R/o No 266, Lavanya Prabhakar Reddys Villa Soukya Road, Thirumalashettyhalli, Bengaluru -560068 have changed my name to Nandhitha Reddy Malipeddi for all purposes

I, SUJOY KUMAR MANDAL Residing at No. 24, 2nd Cross Madhuban Colony, Krishna Lyt, Hulimavu, Bangalore – 560076, have changed my name to SUJAY MANDAL, vide affidavit dated 02/03/2026 sworn before notary Venkataraju H G Bangalore.

I, Amulya Rohit Swamy, R/O - B1102, Pragathi Amber, Kammasandra road, Ananth Nagar, Electronic City, phase2, Bangalore-560100 have Changed my name From Amulya To Amulya Rohit Swamy for all future purposes.

## tender & notices

### PUBLIC NOTICE

**BEFORE THE MACT TRICHY (SSJ) (TAMIL NADU)**
**MCOP.No:1670/2025**

A. Govindaraj (Age 69/2026) S/o. Arumugam, No-66, Puduvaykal Street, Thirumanur, Ariyalur TK, Ariyalur DT.
Now At: No-14, V.S.Nagar, Vengur (PO), Thiruverambur TK, Trichy. ...Petitioner

VS

S.Rakkinaiekar, S/o. Senniappan, No-80, 1st Main Road, K.P.N. Extension, Bangalore, Karnataka - 560 002. ...1st Respondent

**NOTICE**

The above said Petitioner have filed the petition is above case number claiming compensation for the death of Durai in a road accident on 08.01.2008 at the place of Trichy to Ariyalur Main Road near Sangenthi. The accident involved your vehicle bearing Reg. No:KA-01-10-6969 belongs to you on the date. The Hon'blee Court SSJ Trichy, (Tamil Nadu state) was Pleased to order by way of publication in your appearance in person or Pleader on 02.04.2026 at 10.30 AM failing which your appearance on the day. The above matter will be declared exparte and exparte order will be passed assert you.

**T.A. OMPRAKASH,** B.A., B.L.,
Advocate for Petitioner

### PUBLIC NOTICE

The General Public are hereby informed that, **Mr.NIRAV DHIRENDRA THAKKAR,** Aged about 35 years,Son of Sri. Dhirendra Thakkar,Residing at Walkar Road,Mahal,Nagpur (Urban),Nagpur City Maharashtra-440 002, intends to purchase the immovable property more fully described in the schedule hereunder from its present owner **Mrs. SHOBHA HARSHA VARDHANA** (Aged about 40 years. Wife of Mr. P. Harsha Vardhana Reddy,) & **Mr. RAJKUMAR V**(Aged about 46 years, Son of Mr. C. Vasudevan). Any persons, financial institutions having any sort of claim / rights / interest / charge on the below said property or any objections for the said sale of the property may file their objections in writing along with supporting documents, addressed to the undersigned within 07 days from the date of publication of this notice, failing which, it shall be construed that there are no claims of any sort over the below said property and our client shall be advised to proceed with the proposed transaction. Any claims thereafter shall not be entertained.

**SCHEDULE PROPERTY**

All that piece and parcel of the immovable residential Property bearing **Site No.51**, **Assessment No.312**, old Katha Sl. No.339, **New Katha No.1243**, panchayathi **E-Katha PID No.150200102901022186**, Property No.49/51, measuring East to West: 40 Feet, North to South: 30 Feet, totally measuring **1200 Square Feet**, which is formed in **Converted Survey No.312**, Vide its Conversion order **No.B.Dis/ALN/SR.(A).526/2004-05**, dated **05.01.2006**, issued by the Deputy Commissioner, Bangalore, Situated at **Hulimangala Village, Jigani Hobli, Anekal Taluk, Bangalore District** and bounded on: **East by:** Site No.34, **West by:** 25 Feet Road, **North by:** Site No.50, **South by:** Site No.52,

Contact :
**Mr. NIRAV DHIRENDRA THAKKAR**
**Mobile +91 97655 45907**

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APRIL : 4, 11, 18, 25, 30 MAY: 2, 9, 16, 23, 30
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# Congress close to finalising candidates for Assembly bypolls

Congress general secretary and party's Karnataka in-charge, Randeep Singh Surjewala, on Saturday indicated that the party is close to finalising candidates for the upcoming bypolls and that a decision on ticket allocation is likely later in the day or March 22 following consultations with leaders at various levels. Intense lobbying continued within the Congress regarding the April 9 Assembly bypolls in Davangere South and Bagalkote constituencies, with aspirants and community leaders mounting pressure on the leadership to decide soon.

"In response to your question about when the tickets will be announced, it will be made by tonight or by tomorrow. The party is almost fully in agreement," Surjewala told reporters here.

He said the party wanted to have a broad discussion.

"As I have said earlier, even if a single worker has a differing opinion, it must be heard. That is the Congress Party. We will not bulldoze decisions. We will listen to everyone and then decide," the Congress general secretary said. According to him, Congress president Mallikarjun Kharge and the Leader of Opposition in the Lok Sabha Rahul Gandhi will take a call.

A recommendation will be sent by Chief Minister Siddaramaiah and his deputy D K Shivakumar, who is also the Congress Karnataka president, after consultations with everyone by late Saturday, he added.

"The decision will be made by late evening or by tomorrow," Surjewala said. When asked about the delay in announcing the candidates, Congress president Mallikarjun Kharge said, "Local leaders will resolve it. I cannot react to everything."

Party leaders held multiple rounds of discussions in Bengaluru, with several aspirants staking claim and delegations, including representatives from the Muslim community, meeting senior leaders to press for greater representation.

The bypolls were necessitated following the deaths of sitting Congress MLAs Shamanur Shivashankarappa and H Y Meti, which resulted in vacancies in the Davanagere South and Bagalkote Assembly segments respectively. Both leaders had won their seats in the 2023 Assembly elections.

The relatives of Shamanur Shivashankarappa and Meti are demanding a Congress ticket.

Meti's family members earlier met Siddaramaiah and Shivakumar and demanded a ticket.

Siddaramaiah on Wednesday told reporters that three members of the Meti family -- Mallikarjun, Umesh, and Mahadev -- had sought the ticket to contest from Bagalkote.

Shivashankarappa's son S S Mallikarjun, who is Congress Davangere North MLA, is demanding a ticket for his son Samarth Shamanur for Davangere South, Congress sources said. The BJP has announced fielding Veerabhadrayya Charantimath from Bagalkote and Srinivas T Dasakariyappa from Davangere South. **PTI**

**HEALTH TIP:** Many women find relief from period migraine with stress management techniques such as yoga, meditation or light exercise

Musk melon contains Vitamin A, electrolytes, potassium and has roughly 90% water content

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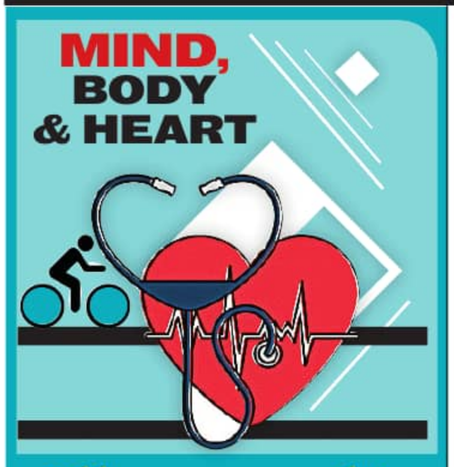



## All you need to know about...

*Weight loss & loose skin*

**Why it happens**
Skin is elastic but like a rubber band stretched for too long, it doesn't always snap back. When the body gains weight, the skin expands to accommodate the growth. The longer it remains stretched, the more the fibres of collagen and elastin which are the building blocks of supple, firm skin begin to weaken. So, when weight loss finally comes, the skin may struggle to keep up, especially after rapid drops through crash diets or surgery.
Factors such as age, genetics, the length of time you have carried the extra weight and sun exposure all contribute to this. So it's not just about how much you lose, it's about how you lose it, when you lose it and over what period of time.

**Case for slow and steady**
Gradual weight loss, as opposed to rapid weight loss, is less abrupt on your skin. A healthy range of weight loss is about a half kilo to one kilo a week. This gives your skin time to adjust and retract as you get smaller.

**Build muscle**
Build muscle as you lose fat. Strength training not only tones muscle but fills the space that fat once called home. Which can create a tighter/smooth look and help give a little support to the flesh underneath. The aim, when losing weight, should be to use resistance training twice a week or more.

**Food & water**
Your skin is reliant on its own internal nourishment; diets high in proteins, vitamins C and E, zinc, collagen, and omega 3s have the precursors the body needs to make collagen and elastin. Drinking enough water to keep your skin firm and elastic, particularly during transitions, is critical.

—Femina

# EID SPECIAL

**Here are some special festive meals to enjoy with family and guests**

## NALLI NIHARI

**INGREDIENTS**
- 500 g Nalli (lamb shank, 4-inch cut)
- 10 g Ginger garlic paste
- 35 g Degi chilli powder
- 20 g Turmeric powder
- Salt to taste
- 50 ml Mustard oil
- 100 g Onion, sliced
- 5 g Black cardamom
- 5 g Green cardamom
- 5 g Cinnamon
- 3 g Bay leaf
- 50 g Poppy seeds
- 50 g Curd, whisked
- 20 g Yellow chilli powder
- 20 g Coriander powder
- 100 g Mutton stock
- 20 g Nihari masala
- 10 ml Rose water
- 10 ml Kewra water

**For Garnish**
- Fresh coriander sprigs
- Ginger juliennes
- Rogan or ghee

**METHOD**
- Marinate the lamb shanks with ginger garlic paste, turmeric, degi chilli powder, salt and mustard oil. Set aside for some time.
- Heat mustard oil in a heavy-bottomed pan. Add black cardamom, green cardamom, cinnamon and bay leaf.
- Add sliced onions and sauté until they turn golden brown.
- Add the marinated lamb shanks and sauté well.
- Stir in the remaining spice powders (except the nihari masala) and mix thoroughly.
- Slowly add whisked curd while stirring continuously to avoid splitting.
- Add poppy seeds and mutton stock and allow the mixture to cook slowly until the meat becomes tender.
- Add the nihari masala and mix well.
- Finish with rose water and kewra water for fragrance.
- Adjust seasoning, remove the lamb pieces and strain the gravy if required for a smoother texture.
- Return the lamb to the gravy and simmer briefly.

**Chef Tip**
- For authentic flavour and texture, allow the nihari to slow cook on low heat for an extended period, which helps the marrow from the lamb shanks enrich the gravy.

**Recipe by Chef Hitesh Pant, Sheraton Grand Bengaluru Whitefield Hotel & Convention Center**

## KATHAL KEEMA WITH MATAR & KHASTA KULCHA

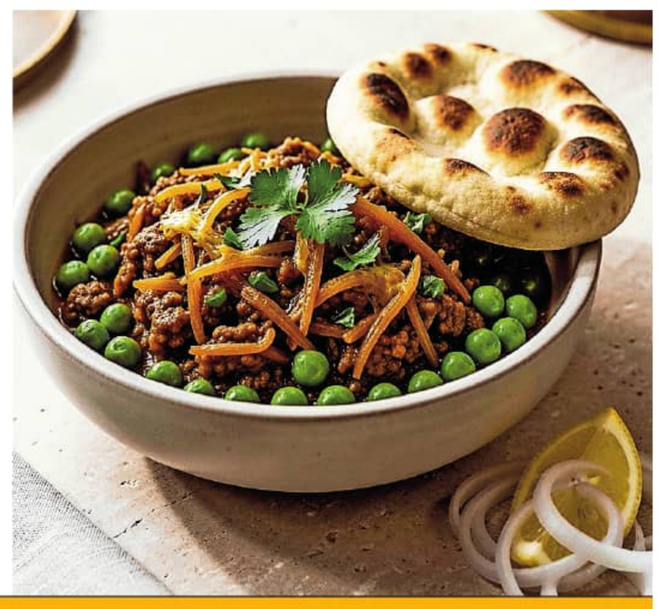
**For Kathal Keema**

**INGREDIENTS**
- Raw jackfruit (kathal), cleaned & finely chopped – 500 g
- Button mushrooms, finely chopped – 150 g
- Green peas (matar) – 120 g
- Onions, finely chopped – 250 g (≈2 large)
- Tomatoes, finely chopped / crushed – 200 g (≈2 medium)
- Ginger-garlic paste – 2 tbsp
- Green chillies, chopped – 2 nos
- Cumin seeds – 1 tsp
- Turmeric powder – ½ tsp
- Coriander powder – 2 tsp
- Red chilli powder – 1 tsp
- Garam masala – 1 tsp
- Anardana powder – 1 tsp
- Kasuri methi – 1 tsp (crushed)
- Mustard oil – 1 tbsp
- Thick vegetable stock / water – 150 ml
- Fresh coriander (with stems), chopped – 3 tbsp
- Lemon juice – 1 tbsp
- Salt – to taste

**Khasta Kulcha**

**INGREDIENTS**
- Maida – 300 g
- Curd – 3 tbsp
- Baking powder – ½ tsp
- Baking soda – ¼ tsp
- Sugar – 1 tsp
- Salt – 1 tsp
- Oil – 1 tbsp
- Water / milk – to knead (~120–140 ml)

**METHOD**
- Pressure cook chopped kathal with salt for 1 whistle OR parboil for 8–10 mins.
- Drain completely, cool, and lightly crush/pulse to get a keema-like texture (not paste)
- Heat mustard oil till slightly smoking and add cumin seeds.
- As soon as it crackles, add onions & cook it till deep golden brown (bhuna stage). Later add ginger-garlic & green chili, sauté it for a while.
- Add tomato puree & cook till oil separates properly.
- Add all powdered spices (except garam masala & anardana). Bhuno till masala is thick, aromatic, and slightly caramelized.
- Add chopped mushrooms, cook till moisture reduces. Then add kathal & peas, stir it well with the mushrooms and add vegetable stock (don't make it watery). Cook covered on low flame for 12–15 mins. Stir occasionally to avoid sticking.
- Now, add garam masala, anardana & kasuri methi. Finish with coriander stems & lemon juice.
- For kulcha dough, mix all ingredients & knead into soft dough. Rest covered for 1.5–2 hours.
- Divide dough into 4 balls & roll slightly thick (not like roti). Optional: add onion, coriander, kalonji topping to give an intense flavor to it.
- Now, stick in tondoor and cook till charred spots. For Home, cook on hot tawa, flip & finish on direct flame. Apply butter/ghee.



**Recipe from Chef Mohammad Amir Qureshi, Sous Chef at Spice Terrace, JW Mariott Hotel Bengaluru**

**Tributes to Chuck —** Hollywood is mourning the loss of legendary action star Chuck Norris, who passed away on Thursday at the age of 86, with an outpouring of tributes from global icons

BangaloreMirror | 13
Sunday, March 22, 2026
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# Starshine everywhere

## Pan-Indian actresses who conquered multiple film industries

Indian cinema has evolved into a truly interconnected space where actors frequently cross language barriers and industries. With pan-Indian storytelling becoming the norm, several leading actresses have carved out successful careers across Hindi, Tamil, Telugu, Kannada, and even international cinema. Their ability to adapt to different film industries and audiences proves that talent and screen presence can resonate beyond linguistic boundaries.

—ETimes

### Aishwarya Rai Bachchan

One of the earliest Indian actors to achieve cross-industry recognition, Aishwarya Rai Bachchan built a diverse career across languages. She earned acclaim with Tamil films like 'Iruvar' and 'Jeans' before delivering memorable performances in Hindi cinema through films such as 'Devdas' and 'Jodhaa Akbar'. Beyond Indian cinema, she also represented the country on global platforms, making her one of the most internationally recognised Indian actors.

### Priyanka Chopra Jonas

Another major example of cross-industry success is Priyanka Chopra Jonas. She made her acting debut with the Tamil film 'Thamizhan' before becoming one of Bollywood's biggest stars with films like 'Fashion' and 'Don'. Later, she transitioned to international projects, including the Hollywood series 'Quantico' and films like 'Baywatch', making her one of India's most globally recognised entertainers.

### Rashmika Mandanna

Among the younger stars, Rashmika Mandanna has quickly emerged as a pan-Indian sensation. She began her journey in Kannada cinema with 'Kirik Party', rose to massive popularity in Telugu films like 'Geetha Govindam' and 'Pushpa: The Rise', and has since expanded her presence into Bollywood with projects such as 'Animal', steadily widening her fan base across the country.

### Keerthy Suresh

National Award–winning actor Keerthy Suresh has earned acclaim for her performances across Tamil, Telugu, and Malayalam cinema. Her portrayal of legendary actor Savitri in the biographical drama 'Mahanati' received widespread praise and further strengthened her reputation as one of the most versatile performers of her generation.

### Kajal Aggarwal

A prominent face in South Indian cinema, Kajal Aggarwal has enjoyed major success in Telugu and Tamil films, including blockbusters like 'Magadheera' and 'Thuppakki'. Alongside her regional success, she has also appeared in Bollywood films such as 'Singham', establishing a loyal fan following across multiple industries.

# Naga Chaitanya pens note of gratitude

Actor Naga Chaitanya, who recently received the Telangana government's Gaddar Film award for Best Actor for 2025 for his performance in the film 'Thandel', has now penned a note of gratitude in which he has thanked the entire cast and crew of the film and the Telangana Chief Minister and Deputy Chief Minister among others.

Taking to his X timeline to pen the post of gratitude, Naga Chaitanya wrote that he was truly honoured to receive the Telangana Gaddar Film Award 2025 for Best Leading Actor for #Thandel.

"This film has been a deeply special journey for me, and I'm grateful beyond words to have had the opportunity to be part of this narrative and bring this true heroic story to the screen," the young actor wrote, and went on to thank a series of people for the honour.

He said, "I'd like to thank the

entire cast and crew of #Thandel, without whose efforts this award would not have been possible. Like to thank The Hon'ble Chief Minister of Telangana @revanth_anumula Garu , Hon'ble Deputy Chief Minister @ Bhatti_Mallu garu , Hon'ble Minister @KomatireddyKVR garu and the entire Gaddar film awards committee for this recognition along with dearest @AlwaysRamCharan for presenting the award."

—IANS

# Deepika enjoys family time

Bollywood superstar Deepika Padukone, on the evening of Friday, was spotted heading out for a concert in the city.

She was seen accompanied by her husband Ranveer Singh's mother Anju Bhavnani and sister Ritika Bhavnani.

In a video, Deepika was seen dressed in a heavily embroidered traditional outfit paired with a rich shawl. She kept her hair tied in her signature sleek neat bun and accessorised her look with statement earrings, opting for a minimal yet elegant look.

Her mother-in-law Anju Bhavnani was seen in a black outfit featuring bold white motifs, while sister-in-law Ritika Bhavnani kept her look simple and understated.

In one of the clips, Deepika was seen interacting with her fans and obliging for selfies.

Meanwhile, Deepika is currently riding high on the success of Ranveer Singh's recent release Dhurandhar 2: The Revenge, which hit theatres on March 19. The film has reportedly taken both theatres and the internet by storm.

The first instalment of the movie, which was released in December, had also received a strong response from audiences.

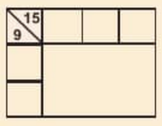
During the first part of the movie, Deepika had taken to her social media account to praise the makers and commend husband Ranveer Singh's performance following the success of the first part.

—IANS

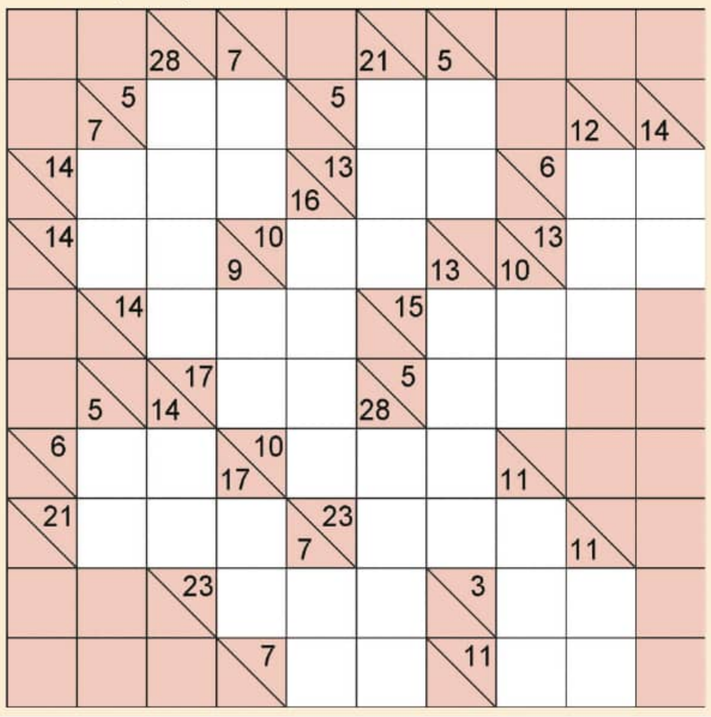
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror


## Kakuro

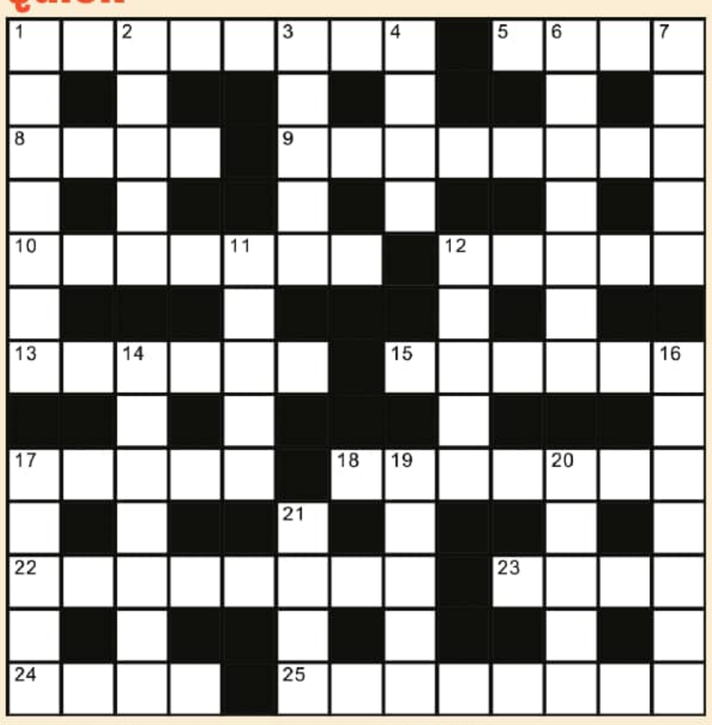
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

1 Matured, softened with age (8)
5 Chamarajpet has a church dedicated to this saint (4)
8 Mass of bread (4)
9 Extinct reptile (8)
10 Applying a layer of paint, etc. (7)
12 More expansive (5)
13 Breathe in (6)
15 Sidestepped (6)
17 Permit (5)
18 By now, previously (7)
22 Saying no to, declining (8)
23 ___ at the heels : destitute? (4)
24 Aide or accomplice (4)
25 Supply with inhabitants (8)

**DOWN**

1 Old Testament's last book (7)
2 South American animal (5)
3 Make broader (5)
4 Eat out (4)
6 Without assistance (7)
7 Blunder (5)
11 Acquired relative (2-3)
12 Become irresolute (5)
14 Cooperative (7)
16 Senior female member (7)
17 Main artery (5)
19 Help in mounting (3-2)
20 Fragrance (5)
21 Shred, strand (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: W EQUALS G**

SOBBYVR JC LVHUJLW FXH T DUTLDB HV FB FBHHBO.

## Linemaro

I am a math major. Can I get your 10 significant digits?

## Mindchow

When you are in deep water, it's wise to keep your mouth shut

## Joke of the day

If you pick up a chunk of broken concrete and try to pitch it into an adjacent lot, it will hit a tree limb and come down right on the driver's side of your car windshield

## Loop

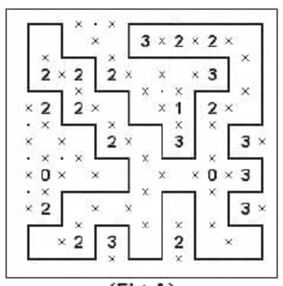
**Rules**

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

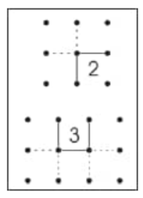
**How to begin:**

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

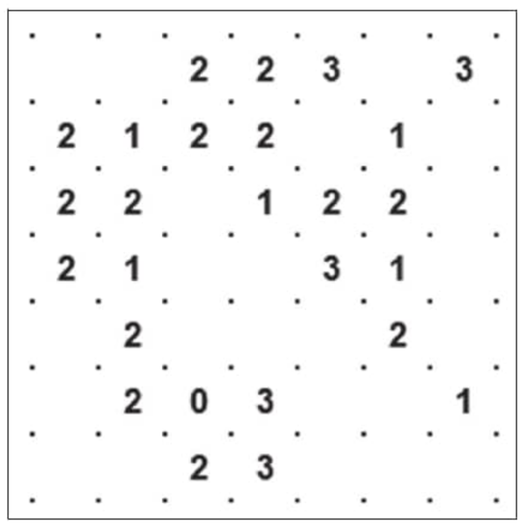
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



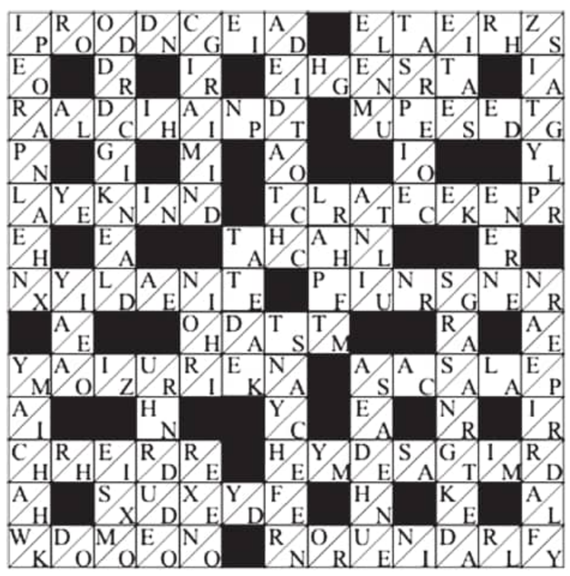
(Fig A)



(Fig B) Not Allowed



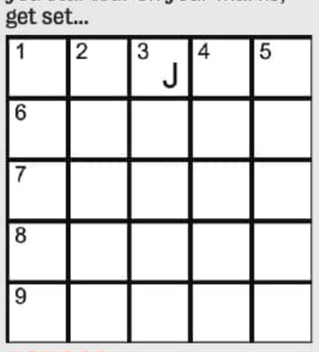
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



**ACROSS**

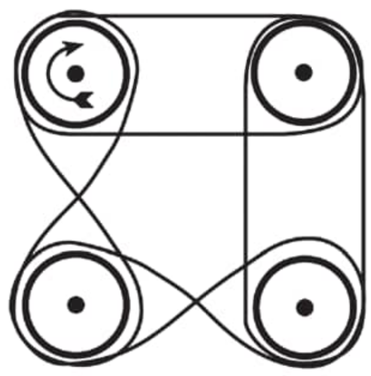
1 As jar; 6 Crete; 7 Ow Hot (3,2); 8 Armee; 9 Badly

**DOWN**

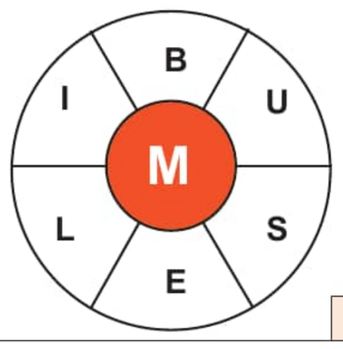
1 A herb; 2 Amora; 3 Le Jew; 4 Cadet; 5 Troys

## Mensapuzzle

Here is a set of cogs connected via drive belts. If the top left cog is turned clockwise will all the cogs turn freely?



## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

**08** Average; **09** Good; **11** Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | | | 8 | | 2 | | | 4 |
| | 7 | | 9 | | 1 | | 8 | |
| | | 8 | | 5 | | 6 | | |
| 3 | | | | | | | | 1 |
| | 1 | | 7 | 2 | 6 | | 5 | |
| 7 | | | | | | | | 6 |
| | | 4 | | 9 | | 3 | | |
| | 3 | | 4 | | 5 | | 6 | |
| 5 | | | 2 | | 8 | | | 7 |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

**Easy** = 24

4 9 6 5

**Medium** = 9

2 2 5 1

**Hard** = 8

2 4 9 9

## Hocusfocus

Find at least six differences in details between panels.

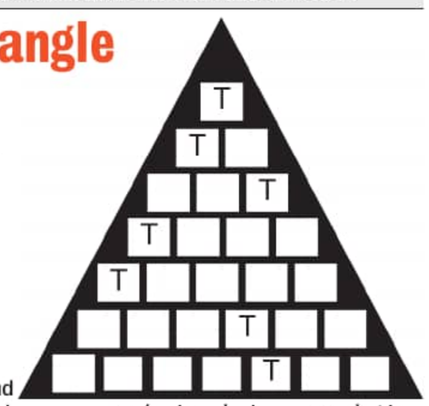
**Differences:** 1. Tie is longer. 2. Zipper is longer. 3. Pocket is missing. 4. Tree is taller. 5. Mountain is added. 6. Badge is different.

## Riddler

In the US, a great-grandmother was exceptional from first to last. She was the first baby born in the state in 1851. She was almost the first centenarian in the family, but she died in 1950, one day before her 100th birthday. The cause of her death was not unusual; thousands of people died of the same cause that year and also in previous years. Her death was exceptional because she was the last person ever to die from that cause in the United States. What was the cause of death?

## Alpha triangle

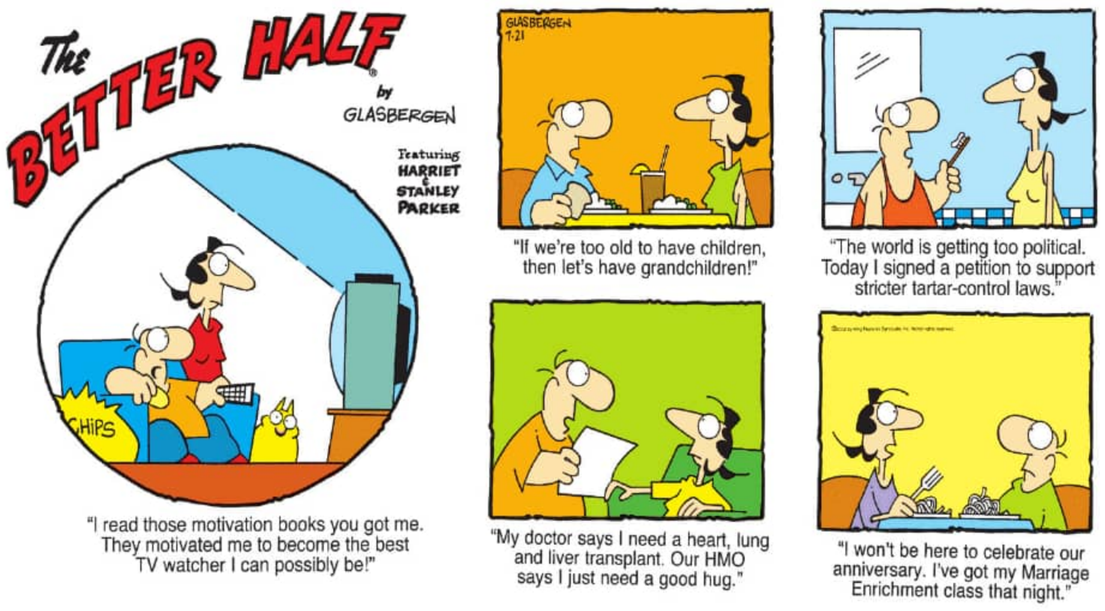
1 Tonne, abbr.
2 Infinitive word
3 Go bad
4 Hammer wielder
5 Olympics symbol
6 Bully
7 Laugh softly




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.


DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

# COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
CHIPS
"I read those motivation books you got me. They motivated me to become the best TV watcher I can possibly be!"
GLASBERGEN 7-21
"If we're too old to have children, then let's have grandchildren!"
"The world is getting too political. Today I signed a petition to support stricter tartar-control laws."
"My doctor says I need a heart, lung and liver transplant. Our HMO says I just need a good hug."
"I won't be here to celebrate our anniversary. I've got my Marriage Enrichment class that night."

BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
BEEP! BEEP! CLICK!
5:00
WHAT DO YOU GUYS WANT TO DO TODAY?
FLASH GORDON
I GREW UP IN THE FORESTS OF ARBORIA ALONGSIDE MY COUSIN BARIN.
AS PRINCES, WE REALLY ONLY HAD TWO MAIN DUTIES: LEARN ARMS AND MARRY WELL.
NOW I LIVE FAR AWAY FROM THOSE TREES...
...STANDING INSTEAD BESIDE BRAVE, BEAUTIFUL FRIA.
I MARRIED VERY WELL.
OUR TRAIN TO FRIGIA DERAILED. FRIA -- MY WIFE, MY QUEEN -- WAS THROWN TO HER DOOM...
...IF NOT FOR FLASH GORDON.
PRINCE RONAL IS IN YOUR DEBT AGAIN, FLASH.
I LIKE THE HUMANS -- THEIR ACCENTS, THEIR ODD HUMOR.
I ESPECIALLY LIKE DALE...
INASMUCH AS I'M ALLOWED TO.
ANYWAY:
COME MORNING, A SQUAD OF SNOWBIRD LANCERS ARRIVES TO RETRIEVE US.
THEY TAKE US HOME TO DAY'S PEAK, CAPITAL OF FRIGIA.
WE'VE BEEN OFF AT WAR FOR A YEAR...
...LEAVING COUNT KORRO IN CHARGE. NOT A BAD MAN, BUT BY TOA, A HARD ONE.
PROBLEMS HAVE ARISEN UNDER HIS WATCH.
RAIDING GIANTS.
PIRATE MINERS.
AND... SOMETHING.
SOMETHING BIG.
NEXT: THE SNOW SPRINGS

# WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

## If it's your birthday today

Purpose guides your actions. Love feels loyal and grounding. Career progress comes from dedication and practical thinking. Financial stability strengthens through disciplined choices. Travel feels purposeful rather than impulsive. Home offers comfort and reassurance. You're reminded that slow, steady effort builds lasting success, allowing you to enjoy both security and meaningful personal growth.

**Aries** Mar 21 – Apr 20
Social plans flourish this weekend, but don't neglect home duties. Plan ahead, balance fun with responsibility, and manage time wisely so enjoyment doesn't create unnecessary stress later.

**Taurus** Apr 21 – May 20
Heightened sensitivity may make you overly cautious this weekend. Balance courage with restraint, advancing when chances favour you and pausing when circumstances suggest patience instead.

**Gemini** May 21 – Jun 21
Avoid provoking powerful people unnecessarily, yet don't stay silent when witnessing injustice. Choose your moment carefully, then speak boldly and without fear when conscience demands action.

**Cancer** Jun 22 – July 23
Make an effort to impress senior figures over the next two days. Increased confidence and visibility could open doors to career advancement and elevate your professional standing significantly.

**Leo** Jul 24 – Aug 23
You trust your instincts even without explanations. Others may doubt your reasoning, but confidence matters more. You've never required approval to follow what feels unquestionably right.

**Virgo** Aug 24 – Sep 23
Help arrives at the last possible moment this weekend. Accept assistance without pride, knowing support can pull you out of difficulties and restore balance when you need it most.

**Libra** Sep 24 – Oct 22
Risk your reputation if advancement is possible. Even if results disappoint, courage earns experience and future chances, strengthening your position for better opportunities ahead.

**Scorpio** Oct 23 – Nov 22
Outdated habits no longer serve you. Identify ineffective routines, discard them decisively, and commit to better methods. Be ruthless in self-evaluation to create lasting improvement.

**Sagittarius** Nov 23 – Dec 22
Don't argue with someone unwilling to understand you. Accept differences, disengage peacefully, and move on. Agreement isn't always possible, and that's perfectly okay.

**Capricorn** Dec 23 – Jan 20
Emotional issues at home become easier to address, though loved ones may still act irrationally. Stay patient, grounded, and prepared to respond calmly rather than react.

**Aquarius** Jan 21 – Feb 19
Your expressions communicate everything this weekend. Those attuned to you understand instantly; others must learn quickly. Either way, your nonverbal signals speak louder than words.

**Pisces** Feb 20 – Mar 20
Choose joy this weekend despite negativity around you. Enjoyment isn't irresponsible; it's contagious. By embracing fun, you inspire others to rediscover lightness too.

www.sundeepkochar.com

# KIDZONE

Trishir, Bangalore

Ananya, Bangalore

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

# SOLUTIONS

**RIDDLER** Old age. No American has died of old age since 1951. Old age was "cured" at a Public Health Conference on Records and Statistics. All state and federal agencies were ordered to adopt a standard list of 130 contributing and underlying causes of death. In 1951, the list deleted "old age" as a cause of death. There is still some debate/whether old age is an appropriate cause of death. If someone dies peacefully in their sleep at age 95, one or several organs may have shut down, but isn't the underlying cause old age?

**BULL'S EYE**
limbue, limb, lime, mile, mule, muse, slim, slime, slum, smile, SUBLIME

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| R | A | J | A | S |
| E | R | E | C | T |
| H | O | W | T | O |
| A | M | E | E | R |
| B | A | L | D | Y |

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | R | O | N | O | U | N | C | E | D | ■ | L | A | I | R | S |
| E | ■ | R | ■ | E | G | E | S | T | ■ | A | ■ | ■ | ■ | ■ | ■ |
| R | A | D | I | A | N | T | ■ | U | P | S | E | T | ■ | ■ | ■ |
| P | ■ | I | ■ | I | ■ | A | ■ | I | ■ | Y | ■ | ■ | ■ | ■ | ■ |
| L | E | N | I | N | ■ | C | R | A | C | K | E | R | ■ | ■ | ■ |
| E | ■ | A | ■ | T | H | A | N | ■ | R | ■ | ■ | ■ | ■ | ■ | ■ |
| X | Y | L | E | N | E | ■ | F | I | N | G | E | R | ■ | ■ | ■ |
| E | ■ | E | ■ | O | A | S | T | ■ | R | ■ | A | ■ | ■ | ■ | ■ |
| M | A | Z | U | R | K | A | ■ | S | C | A | L | P | ■ | ■ | ■ |
| A | ■ | N | ■ | C | ■ | A | ■ | N | ■ | I | ■ | ■ | ■ | ■ | ■ |
| C | H | I | D | E | ■ | H | Y | D | A | T | I | D | ■ | ■ | ■ |
| A | ■ | S | U | E | D | E | ■ | H | ■ | E | ■ | L | ■ | ■ | ■ |
| W | O | M | E | N | ■ | R | O | U | N | D | L | Y | ■ | ■ | ■ |

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | L | L | ■ | Y | ■ | P | O | P | U | L | A | T | E | ■ |
| T | ■ | U | ■ | ■ | S | ■ | ■ | ■ | L | ■ | ■ | ■ | ■ | ■ |
| R | E | F | U | S | I | N | G | ■ | D | O | W | N | ■ | ■ |
| O | ■ | P | ■ | W | ■ | ■ | E | ■ | ■ | R | ■ | ■ | ■ | ■ |
| A | L | L | O | W | ■ | A | L | R | E | A | D | Y | ■ | ■ |
| I | N | H | A | L | E | ■ | E | V | A | D | E | D | ■ | ■ |
| H | ■ | ■ | ■ | N | ■ | ■ | A | ■ | E | ■ | ■ | ■ | ■ | ■ |
| C | O | A | T | I | N | G | ■ | W | I | D | E | R | ■ | ■ |
| A | ■ | M | ■ | E | ■ | ■ | I | ■ | ■ | I | ■ | O | ■ | ■ |
| L | O | A | F | ■ | D | I | N | O | S | A | U | R | ■ | ■ |
| A | ■ | L | ■ | I | ■ | I | ■ | N | ■ | R | ■ | ■ | ■ | ■ |
| M | E | L | L | O | W | E | D | ■ | L | U | K | E | ■ | ■ |

**MENSA PUZZLE**
Yes. The bottom left turns anti-clockwise, while all the others turn clockwise.

**SOLVE IN 1M**
$= 3^{4}/_{4} - 2^{6} + 2^{6}$
$= 3-0 = 3$

**QUOTE UNCODE** Freedom is nothing but a chance to be better.

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 6 | 1 | 2 | 3 | 8 | 9 | 4 | 7 |
| 9 | 3 | 7 | 4 | 1 | 5 | 2 | 6 | 8 |
| 2 | 8 | 4 | 6 | 9 | 7 | 3 | 1 | 5 |
| 7 | 5 | 2 | 1 | 4 | 3 | 8 | 9 | 6 |
| 8 | 1 | 9 | 7 | 2 | 6 | 4 | 5 | 3 |
| 3 | 4 | 6 | 5 | 8 | 9 | 7 | 2 | 1 |
| 1 | 2 | 8 | 3 | 5 | 4 | 6 | 7 | 9 |
| 4 | 7 | 3 | 9 | 6 | 1 | 5 | 8 | 2 |
| 6 | 9 | 5 | 8 | 7 | 2 | 1 | 3 | 4 |

**ALPHA TRIANGLE**
T, To, Rot, Thor, Torch, Hector, Chortle.

**GO FIGURE**
4 + 9 + 5 + 6 = 24
Easy
5 + 2 x 1 + 2 = 9
Medium
4 x 9 / 9 x 2 = 8
Hard

**LOOP**

**KAKURO**

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## Test drive Hyundai CRETA before you decide on any other car.

| Model | Hyundai Creta | Tata Sierra* | Maruti Suzuki Grand Vitara* | Toyota Urban Cruiser Hyryder* |
|---|---|---|---|---|
| Variant | SX Petrol 1.5L Premium | Adventure Plus 1.5 | Alpha (O) 2WD | V 2WD Petrol 1.5L |
| Average Ex-Showroom Price | Rs. 15.79 Lakh | Rs. 15.99 Lakh | Rs. 15.78 Lakh | Rs. 15.97 Lakh |
| Max Power (bhp@rpm) | 113 bhp @ 6300 rpm | 105 bhp @ 6000 rpm | 102 bhp @ 6000 rpm | 102 bhp @ 6000 rpm |
| Manual - 6 Gears | ✔ | ✔ | X | X |
| Brake Override System | ✔ | X | X | X |
| Driver Rear View Monitor (DRVM) | ✔ | X | X | X |
| Dashcam | ✔ | X | X | X |
| Ambient Sounds | ✔ | X | X | X |
| Puddle Lamps | ✔ | X | X | ✔ |
| Infotainment Screen | 10.25" Touch-screen Display | 12.29" Touch-screen Display | 9" Touch-screen Display | 9" Touch-screen Display |
| Audio System | 8 Speakers, 1 Subwoofer, 2 Tweeters | 4 Speakers, 4 Tweeters | 4 Clarion Speakers, 2 Tweeters | 4 Speakers, 2 Tweeters |
| Call Reject with SMS | ✔ | X | X | X |
| Vehicle Tracking Via App | ✔ | X | ✔ | X |
| Breakdown Assistance Call Button | ✔ | X | X | X |
| Over The Air (OTA) Updates | ✔ | X | X | X |
| Home-to-Car Connectivity - Alexa | ✔ | X | X | X |
| Navigation On Instrument Cluster | ✔ | X | X | X |
| Tyre Position Display | ✔ | X | X | X |
| Gear Shift Indicator | ✔ | X | ✔ | X |
| Vehicle Warranty | 3 Years / Unlimited Kms | 3 Years / 100000 Kms | 3 Years / 100000 Kms | 3 Years / 100000 Kms |

*Source - Carwale.com

30 CELEBRATING THIRTY YEARS IN INDIA | 6 hai toh safe hai 6 airbags standard | 3 YEAR Unlimited** Kilometer Warranty Up to 7 years extended warranty^^

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